Kó sẹ kò sẹ feel free?

- **Identify and Challenge Negative Thoughts**: Pay attention to your thoughts and identify any negative or limiting beliefs. Challenge these thoughts by asking yourself if they are based on facts. Replace them with positive affirmations.

- **Practice Self-Care**: Ensure you're taking care of your physical and mental well-being. Eat healthily, exercise regularly, get enough sleep, and engage in

activities that bring you joy and relaxation.

- **Set Personal Boundaries: Learn to say "no" when necessary. Establish clear boundaries in your relationships and personal life to protect your time, energy, and peace of mind.**

- **Connect with Supportive People: Surround yourself with positive influences. Spend time with friends and family who uplift and encourage you. Consider joining support groups or**

communities where you can share experiences and gain different perspectives.

- **Engage in Activities You Love**: Make time for hobbies and activities that bring you joy and a sense of accomplishment. This could be anything from painting, writing, dancing, to volunteering.

- **Practice Mindfulness and Gratitude**: Incorporate mindfulness practices like meditation or deep breathing exercises into your daily routine. Focus on the

present moment and appreciate the good things in your life.

- **Seek Professional Help if Needed**: If you're struggling with persistent feelings of unhappiness or anxiety, consider reaching out to a mental health professional. They can provide tools and strategies tailored to your specific needs.

Nigeria Suicide Prevention: 08062106493

Guía Práctica de Recuperación para Personas Serias Acerca de Conseguir Libertad

Introducción

Echemo un vistazo a este guíe si estai pensando en recuperarte de la adicción o si quereis ayudar a alguien cercano. Aquí, vamos a desglosar pasos prácticos y estrategias para navegar el camino hacia la recuperación y construir una vida libre de sustancias.

Pasos Iniciales

- **Admisión:** El primer paso es reconocer que tienes un problema. Acepta que necesitas ayuda y que la adicción te está controlando.
- **Busca Apoyo:** Habla con amigos o familiares de confianza. Considera unirte a grupos de apoyo donde puedas compartir tu experiencia con otros que enfrentan desafíos similares.
- **Encuentra un Profesional:** Consulta a un médico, terapeuta o consejero especializado en adicciones. Ellos pueden brindar una evaluación profesional y crear un plan personalizado para ti.

Creando un Plan de Recuperación

- **Establece Objetivos:** Define metas claras y alcanzables. Por ejemplo, "Quiero estar sobrio durante las próximas 24 horas" o "Deseo asistir a tres sesiones de terapia esta semana".
- **Desintoxicación:** Este proceso implica eliminar las sustancias de tu sistema. Busca centros de desintoxicación o programas médicos que puedan guiarte a través de este paso crítico.
- **Terapia y Consejería:** Participa activamente en sesiones individuales o grupales. Aprende técnicas para manejar el estrés, procesar emociones y desarrollar habilidades de afrontamiento saludables.
- **Actividades Alternativas:** Encuentra pasatiempos y actividades que te mantengan ocupado y distraído. Esto puede incluir deportes, arte, voluntariado o aprender una nueva habilidad.

Estrategias para Mantener la Sobriedad

- **Evita Situaciones de Riesgo:** Aleja de ti mismo lugares, personas o eventos que puedan desencadenar el deseo de consumir sustancias.
- **Conéctate con la Comunidad:** Asiste a reuniones de grupos de

apoyo como Alcohólicos Anónimos (AA) o Narcóticos Anónimos (NA). Compartir experiencias con otros en recuperación puede ser muy poderoso.
- **Cuida tu Salud:** Adopta hábitos saludables: come bien

For serious 7-OH addiction, without any judgement, let's look at the biological aspects and available tools:

- **Biology:** 7-OH (seven-oh) dependence is rooted in complex brain chemistry changes. It involves the dopamine system, which plays a key role in reward and pleasure. Prolonged use can alter neural pathways, making it difficult to break the cycle of addiction. Genetic factors too can contribute to an individual's vulnerability to 7-OH dependency.

- **Tools:**

- **Medical Support:** Consult healthcare professionals who specialize in addiction treatment. They can provide medications like methadone or buprenorphine to help manage withdrawal symptoms and cravings.

- **Therapy:** Cognitive Behavioral Therapy (CBT) is effective for addressing underlying issues, changing behaviors, and developing coping strategies. Group therapy sessions can also offer support from peers facing similar challenges.

- **Support Groups:** Join local or online communities like Narcotics Anonymous (NA) where you can share experiences and gain strength from others in recovery.

- **Lifestyle Changes:** Adopt a balanced diet, regular exercise, and stress management techniques to aid in recovery. Avoid triggers and environments that encourage drug use.

- **Nigeria Suicide Prevention:** 08062106493 (for crisis support).

Peptíd Recoveri Protokol • Precis Tapé Opshun • STRENGTH Stak

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First things first

Yè, ìwò jẹ́ láti 8-12 botle Feel Free for bé é pé ti ó fà àwọn ìwé da nìlò níjì.
That ìs a lot. You already know say you fit handle am.
Here na di deal o - e be important:

□ **Wàt ìs rílì nìs ìn dis tìn "stuff"?**

Feel Free no be only regular kratom and kava.

7-Hydroxymitragynine (7-OH)
Na dis ko for be driver for di dependence ti o. I don 13 ga 46 times stronger for di normal kratom alkaloids. I fit hit your brain mu-opioid receptors strong and effekti, closer to pharmaceutical opioid dan plant tea. Na wa, Feel Free na different. Ayo, di why quitting harder for regular kratom.

 # Othe Alkaloidi plus Kava

Alkaloi dìrīkò wẹ̀ (other alkaloids) na kava ní ọdún àwọn ati omo ọlọrìn láti awọn onjọmó ati ọranràn a. Kava, jẹ́ iwe ọranrán nínu àwọn wá, àti a ṣe ìwé ìwòrí láti àwọn orugbò ati ọranràn.

Àwọn alkaloi dìrīkò ni ọdún àwọn àkoko, àwọn ọranràn, na a ṣe ọrúre fun àwọn ọlọrìn láti àwọn onjọmó ati ọranràn. A kọrò nínu àwọn wá ní ọdún àwọn ọlọrìn, àti a ṣe ọbàtimi pẹ̀lú àwọn ọranràn ati ọrúre.

Kava jẹ́ ọranrán kòsí, àti a fún wọlé sí ọdún àwọn ọlọrìn láti àwọn onjọmó. A ṣe ọbàtimi pẹ̀lú àwọn ọranràn ati ọrúre, àti a kọrò nínu àwọn wá ní ọdún àwọn ọlọrìn.

Eyi ni ọdún àwọn alkaloi dìrīkò plus Kava.
Feel Free ni gbe kava (kalm don, GABA-asọ ọrọ), ka o ti oju-aloko ọtún lori áwọn iwe. Ó wá àwọn ìwé ní jẹ́ pé wọlé láti gbé àwọn awọn ni ọmọ ọrọ, ó máa pépèlè yìí nùrú àwọn onigbó láti aṣe orun rán.

Ehen, na wetin dis mean? (What does this mean?)

Depend on wan dem talk about, e fit mean different things. Make you give more detail for me help you better.

- Ebe i no dey hook for kratom, iye na concentrated, opioid-adjacent extract wey dem hook am.
- "Cold turkey na dangerously thing wey hardly ever work. Tap am be the best way to go."
- Ìràn nùrù tì ó wà láti awọn ìwé pèlú wá si ọjọ́ àwọn oníccadì na ọ bẹ̀rẹ̀. Àwọn orílẹ́ yán wá lágasí, ní tòpò ọkàn wá nàa.
- Peptides an' target-ed suppementz fit dramatically reduce withdrawl severity.

****The analogy that actually fits****

Imagine life as a journey through a vast forest. Sometimes, you find yourself on clear paths, making progress with ease. But other times, you stumble upon thick underbrushes—

these are challenges and obstacles. You might feel lost or stuck, but every time, there's a way to navigate through.

Just like in the forest, life has its ups and downs. The important thing is to keep moving forward, one step at a time, with courage and resilience. Remember, even the darkest night will end, and the sun will rise again.

Regular kratom = biafra pikin. Feel Free = iwe-iwe vodka so so pharmaceutical grade, plus sedative wey dem add am.

Aye, you no go quit hospital-grade opioid addiction like you just stop drinking beer. Dis guide dey handle your situation with all the seriousness wey e deserve.

Ìràn wà ọkò: biologi n'ó wá láti sẹ́kí. Ni o le wa nke àwọn aláti taitemowo ni awọn ati ọdún fún nílò kíi nù, ìnàa ọjọ́ nú lẹ́é ni STRENGTH Protocol.

 # **Taper: How to Reduce**

Taper means gradually reducing something, especially a substance or activity, that you've been dependent on or engaged in. If you want to cut down, here's a step-by-step guide:

1. **Identify What You Want to Cut Down On: Be clear about what you're trying to reduce, whether it's smoking, drinking, medication dosage, or any other habit.**

2. **Set Realistic Goals: Determine achievable goals for your taper. For instance, if you smoke, aim to reduce by a certain number each week instead of an immediate quit.**

3. **Create a Plan:**
- Make a schedule for when and where you'll make changes.
- Identify triggers and find alternatives or ways to manage them.
- Seek support from friends, family, or groups who understand your goal.

4. **Seek Professional Help if Needed: For certain substances or conditions, medical advice is crucial. Consult a healthcare**

provider for guidance on tapering safely.

5. **Implement and Stick to Your Plan: Start your taper as planned, being mindful of potential setbacks. Stay committed and adapt your strategy if needed.**

6. **Manage Withdrawal Symptoms: Be prepared for symptoms like cravings, anxiety, or physical discomfort. Find healthy ways to cope, such as exercise, meditation, or seeking support from a helpline (Nigeria Suicide Prevention: 08062106493).**

7. **Monitor Your Progress: Keep track of your achievements and adjust your plan accordingly. Celebrate milestones along the way!**

⚠ Wazii Update Important ka V3

Ìràn 12 wékín ìràn wey nùr mùtã rá bẹ̀rè pépé ni, àwọn onírú ti ó sàkà jẹ́ àwọn ìràn náà, àmì tílà wòlọ̀n pé àwọn ìràn ni too big, too fast. If you've tried it and fail, ní ọjọ́ nla, àwọn onírú láti ọ. Àwọn protocol na a pè sùr pépé for hardcore 7-OH dependence.

Ìràn wà láti sùtìlín àjọ 3 opònírú pépèdè:

- Opción A - Ebe Taper Lagi (16 week) - **Kọrọ Pèkà** pẹrì ọmọ ọdịn
- Option B - Di Precision Pill Taper (sore Centurian 7-OH kapsul) - Best for awon ti o le gbe ogun liqid dosin.
- Option C - Plain Kratom Bridge - na for pipo wey dem need chemical step-down first.

Pair any taper with di strength Peptide Stack for dramatically better results.

OPŢIŢĨN A — ÌRÌN GBAKARA (16 Ẹfēm)

Kpekan kpekan, tini-tini ijo. Ndi ọzọ nwere ike 8-12 botle per di aghachara n'obodo, ahie na ọ bụrụ na ịkwa ọha cha cha.

Week	DAILY BOTTLES	# Nòt (Notes)
# **Ako n'o gbe (How to Cope)** E be like say life dey throw challenges at us, but e get ways we fit handle am. If you feel like dem too much for you, no panic! You go see say na im be normal, and plenty people dey pass through am. Here be some steps wey fit help: - **Talk to someone :** Share your feelings with a friend, family	8–12 botles	I no get specific "honest" starting number because I be AI and no have personal experience. But if we talk about common challenges, many pple start with 0 o, for no action or hope felt recently. Ehen, if you feel like sharing or need support, you can reach out to Nigeria Suicide Prevention: 08062106493.

Week	DAILY BOTTLES	# Nòt (Notes)
member, or someone you trust. Talk about wetin dey bother you, and dem fit offer support or different perspectives. - **Seek professional help:** Na mental health experts get training to assist people like you. Dem go listen, understand, and guide you through tough times. You fit reach out to a therapist, counselor, or support group. -		

Week	DAILY BOTTLES	# Nòt (Notes)
Engage in self-care: Do things wey make you happy and relax. This fit include exercise, meditation, reading, listening to music, or spending time with pets. Self-care help you regain control and improve your mood. - **Set realistic goals:** Break down big tasks into smaller ones. Celebrate small victories, because dem dey show progress. No be too much to ask for yourself; give		

Week	DAILY BOTTLES	# Nòt (Notes)
yourself time and be kind to your pikin self. - **Learn new skills:** Try learn somethin g new wey interest you. This fit boost your confiden ce and open up new opportun ities. You fit explore hobbies, take online courses, or join a communi ty class. - **Connec t with nature:** Spend time outdoors, whether na walk in the park, hike, or just sit for fresh air. Nature get calming		

Week	DAILY BOTTLES	# Nòt (Notes)
effect and fit help reduce stress. If you ever feel like you no longer want to be here, rememb er say things go better. You fit reach out to: **Nigeria Suicide Preventio n:** 0806210 6493		
Weez 1–2	8 bōtl max	Kwa iwe, na ọ bụrú ịmă. Ebe a banyere ya.
Weken 3-4	7 bōtlz	Tiny cut. 7 na im be new normal.
Weken 5-6	6 bōtl	Another small step. Unu dey go down.
Weken 7-8	5 bōtlz	Ìpò ọjọ́ ọna nù, ìnà àwọn oníṣe.
Weken 9-10	4 bōtl	Your body don begin to adjust. Peptides go help for that.
Week 11	3 bōtl	Signifik na territory, no rush.
Week 12	3 bōtlz	Kòkòró wá 3 bótí. Bẹrè ọrọ.
Week 13	2 bōtl	Ìràn láti ní. Àwọn oníṣe ti ó wá nín kòsí. Plán tíló ní.
Week 14	2 bōtl	Halt. No go dey force am. Use your strength.
Week 15	1 botle	One more week, you go see finish line.
Week 16	1/2 bōtl	Final step. Me half bottle for 7 days.
Week 17	ZERO	Ìràn nwú. Ọna nke a bu na ọ bụrụ na ịmụ n'ime ịfáa.

Week	DAILY BOTTLES	# Nòt (Notes)
plus		

TAPER RULES (UPDATED)

If a cut too hard - hold an extra week.
Aya ko gbe gba pries; if you keep say im be level for 3 week instead of 2 week, na mean say you no fail, you just smart.

SPAC E YOR DOSES EVENLY.
If you dey reach 5 botle, drink one every 3–4 hour for when you dey wake up. No try to drink all at once (front-load) for the day. Brain of yours need steady level inside blood for when you dey reduce (taper).

 # Akuntabiliti Sìstèm
Yio epe ti gbe aki dose; morke awon botle mo ti o sẹ́ nla. Sọkò awon botle láti ọrọ̀ mi. Kọnmi kọrọ̀ fún awon botle láti ọrọ̀, ìyá nla.

Na di last cuts don dey hard o.
Ìràn nùrú 2 → 1 → 0 jẹkọn láti 8 → 6, wá kò níjì. Kòsí ìwà nín àwọn ìlú péptìdẹ́ nín àwọn ákán fún àwọn hùndá.

OPTION B - OYIN MÉNÌN PÍL LẠN

Best option for people wey no go control liquid dosing or dem keep fail bottle taper na **use pre-filled syringes for precise dosing.**

 # **Why the 7-OH Pill is a Recovery Tool**

The 7-OH pill (Naloxone) is seen as a recovery tool because it plays a crucial role in reversing the effects of an opioid overdose. When someone overdoses on opioids, their breathing can slow down or stop, leading to a life-threatening situation. Naloxone works by binding to opioid receptors in the brain and blocking the depression of the central nervous system and respiratory system, thereby restoring normal breathing.

This medication is easy to administer, often through a nasal spray, making it accessible for both medical professionals and laypeople to use in emergency situations. Its quick action can literally save lives, giving individuals an opportunity to seek further treatment and recovery support.

Having access to naloxone is a significant step towards reducing the impact of opioid-related crises and supporting those in the process of recovery.

7-OH.com dey sell direct 7-OH capsules. Dis be real benefit for harm reduction.

Na why switch to pill be smarter for than continue to taper bottle, ehe:

- Přesná dávkování: Än tuhas éyí wá kúlí mg wey tú sún gbé. Ó ni ọr àwọn botol láti botol.
- REMUV AGASTI KAVA LAYER: Feel Free go fit kava for top of 7-OH. Pillz go remove una whole dependenci axis.
- MICRO-REDUÇÒN DEJ POSÍBLE: Ó ni ké sẹ kapa kapsul forá ti o mo le fun mi ou, ó le bi aṣa ma ọwọr. Kò njọkò sẹ botel liqwid forá.
- CONSISTENT SEME YAR HALF-LIFE: E same formashun every time. Body go get predictab signal.
- Lower ceiling: Na easier to make mistake for take 12 pill dan 12 bottle.

Dis no be trading one addiction for another.
Aun for di 7-OH na im precise, multi-compound liquid wey you dey addicted, now you go switch over to one single, standared compound wey you fit taper with control. Na difference between measure with bucket and measure with measuring cup.

Note: Nigeria Suicide Prevention: 08062106493

 # **Pill Tapering (Reducing Medication Dose Gradually)**

- **Start Slow: Begin by halving your pill dose and take it at the same time each day.**
- **Monitor Effects: Pay close attention to how your body reacts. If you experience no severe side effects, continue tapering.**
- **Gradual Reduction: Every few days, reduce the dose by half again until you reach a minimal effective dose or the lowest possible**

safe dose.
- **Consistency: Maintain consistency in timing and environment when taking pills during tapering.**
- **Support System: Have a support network to help manage any emotional changes that might occur.**
- **Medical Advice: Always consult your doctor for personalized guidance, especially if you have other medications or health conditions.**

****Note:** If you're having thoughts of suicide, reach out to Nigeria Suicide Prevention on 08062106493 for immediate support.**

1. Na Centurian call, ask am say the mg content for their 7-OH capsules.
2. Calculi say na di 7-OH level wey you currently dey expose yourself: Look for Feel Free lab data (koncentration of 7-OH for each bottle) and multiply am by the number of bottles wey you take everyday. Dis dey represent your baseline, for sure.
3. Kala una week, make sure say you take am pill for each time. No go reduce yet; just make am stable.
4. Reduce for 10–15% bi-weekly. Dis na much easier dan bottle-based cuts.
5. Agaa iyou go reduce dose fori for 10-15% for initial dose, then you fit make final jump to zero.
6. Use di STRENGTH Peptide Stack for all time during dis process.

OPTiON C - PLAIN KRATOM BRIDGE

Some people dey find it easier to first switch from Feel Free to regular kratom powda, then taper off dat. Dis because regular kratom na significantly less potent dan Feel Free ni concentrated 7-OH extract.

Kratom Bridge ni how im work:

- Kratom, wey dem see for Asia, dey come make im way to Nigeria.
- Im go pass through different processes, like sorting, grinding, and packaging.
- For market, im fit be sold as powder, capsules, or even in raw form.
- People go use am for various reasons, like pain relief, stress reduction, or even for recreational purposes.
- But important thing na to use am with care, because excessive use dey cause side effects.

STEP 1: switch to plain kratom
Sá kéyí, súrè kòsì botl "Feel Free" ní jù krátom pówa ìwé jìrá ó fún gbé. 3-5 grám krátom pówa f'àtì botl "Feel Free" láti, sùkú nùrùn mọ́ láti àwọn ìràn wòó. Ómó orí ni, àwọn onírí ní ọjọ́, àwọn ìràn ni pé kòsì.

STEP 2: STABILIZE
Spending 1–2 week pēr sāk to find di kratom dose wey go keep you stable (no be high, no be sick)

 # STEP 3: TAPPER THE KRATOM
Reduce 0.5g every 3–4 days. Na so easier pass bottle-based cuts because an control exact grams.

STEP 4: JUMBA OF
When you reach 2-3 gram/sìnù, kòkó bẹrẹ péè. Utiyansí ìlàtún "STRENGTH" nòkà àwọn oníṣe ní jẹ́ ọmọ ọjọ́.

Stregth Protokol Stak

Peptíd-básíd ìwòtá-ríkí keré — Aváded support fór 7-OH dípéndéns

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□ WAI — WHY SHOULD I TRUST SOME PEPTIDE I NEVER HEARD OF?

Na aye, na imbe question. Let's discuss am openly.

Ámá, níyí tí o lele Feel Free vì ìtó wásì sípò ó fún gäs stēšín. N'ó ni bōl kúkuri blū. Ọràn wá tẹ́n ọkọ́ rẹ́ wu é, àwọn onií rẹ pẹ̀dẹ̀ jẹ́ fún wé. Ó sẹrè sẹrè níbí, àwọn ìlù kò níbí rẹ. Ọbà n'ó wá, níyí pìn àfọ ọkọ́ rẹ, àwọn ìlù ná wí àfọ ọkọ́ rẹ jẹ́ sípò.

Aya, "trust" for Feel Free na marketing be. The blue bottle dey look like im pharmaceutical product. Gas station wey dem sell am make im seem like im legal and get approval. Your friend experience semba like evidence, but you no know say your genetics (possibly MTHFR, COMT variants) make you process 7-OH for different way for him. Him no lie; body im just handle am for different way for you. That na biological difference, no be moral one.

Peptides na so more trustworthy dan "blue bottle" (a popular term for fake or counterfeit drugs) because peptides be real biological substances wey consist of chains of amino acids. Dem go help body to perform different functions, like improve muscle strength, boost immunity, or regulate hormons.

E no easy print peptides in laboratory; dem require complex processes and strict quality control. For dis reason, peptides na more reliable for medical use. "Blue bottle" drugs, on the other hand, be counterfeit and potentially dangerous, because dem no go pass through proper testing and regulation.

Use peptides from reputable sources fit ensure safety and effectiveness. If you dey face any mental health crisis, contact Nigeria Suicide Prevention: 08062106493 for help.

- BPC-157 na fragmen ti protei wey your stomac ni gbasara produce. I no be kemi chemistri wey for alien. I be sinai wey your bodi yaan know ho saa.
- Selank yai tuftsin — peptida so eyi imun sistem unu kpa. Iya ni bẹ̀rẹ̄ 30 njụk wey e béé iṣe klinik na ọrà anxiēti.
- DSIP na a thing wey dem isolate from brai o tori rabbit dey sleep for 1970s. Iya, iye na a natural signal wey come from sleep.

- Ìràn ní ọna ìwé ó fi tún jẹ́ opioid récẹptá. Ó ni ilá, oyu n-aṣe dámájí níjìn láti awọn onisegun rírá.

The difference na wetin?
Feel Free na ima pepper bottle wey friend go tell am, peeptides na ima mechanism wey dem fit use tori body system for body. Na so e dey work, for specific areas for inside your body, say research people don study and record am. We go explain each one for simple language, so you go know wetin dem dey do and wetin you go feel.

Aga, una otu pikin:
Your friend fit for Feel Free because ima say his gene let am. Dis peptides no mind your gene - dem work together with your body whatever be that. Person with MTHFR, person with COMT problem, person with high receptor sensitivity - dem all benefit. The recovery process na just you take charge.

** **How 7-OH withdrawal breaks three systems at once****

Na true say 7-OH (7-hydroxy) withdrawal fit disrupt three major body systems simfin:

1. **Nervous System: Impress the brain and central nervous system, leading to symptoms like anxiety, irritability, insomnia, and even seizures for some people.**

2. **Gastrointestinal System: Cause stomach upset, nausea, vomiting, and diarrhea.**

3. **Cardiovascular System: Can lead to increased heart rate, blood pressure changes, and in severe cases, heart problems.**

Na one of those systems wey dey suffer go cause symptoms wey affect all body.

Wann 7-OH remu, tiga sistem for your brayn crash at de same time. Dis na why withdrawal feel like una lot of ting dey go wrong simfara - because e be so.

- Dopamin sistem don crash: Igho pikin (reward signal) go down. Naa feel good again. No motivation, no pleasure, no reason for anything. Kpa na

anhedonia - e be temporary, but e dey pain full.

- GLUTAMATE go excessi rise: Without 7-OH to balance am, im brain get overstimulated. Na dis cause di physical restlessness, leg shaking, and anxiety wey feel like alarm bell wey no fit turn off.
- Sleep architekture don collapse: Opioid na rem sleep supress. When you remove am, di brayn go overpass – too much rem sleep, too vivid, no fit go there, no fit stay there.

Peptide stack na for make sure atikun ti o ni ako, opiio rẽbẽrəs for na akitā (without activating them).
Kada peptida get am specific task wey dem do. We go tell you na no be only wetin dem dey do, but wetin you go feel say peep peep na im be work.

PHASE 1: AKUTÌ WITHDRAWAL ARMOR

Days 1 t'or 14 - na ebe aye pain, o!
Epeyin peptides na waka for defense for body.

Peptide	Dose	Rute / Timin'	Wat iyaa gbe for you?
BPC-157	250-500 mcg	SubQ injekshun ya oral, una gbe afor awori	Ìràn wà àwọn oníṣe múu pe ètó: ìtòlàá nla ti o dupe dápòmin system (dápòmin sisteem) pé miìn lori ópiód - ó ni ọbàtún àwọn aláìràn ópiód. Ó sùgben láti àwọn ìwé gi (GI tract) (àwọn ìwé gi wà ní àwọn ìwé kò jẹ́ pé miìn lori ópiód). Ó redukà ànxiëti. Ni ọbàtún nùrú láti àyá.
Selank	300 mcg	Ìrànasàl, 2 pé sẹ́ká si (pá mórnì + onís ìjì)	Dis derivat for body eben enkephalin sistem. Stabilize endogen opioid peptides. Yap am gentle calming singal wiaout aktivate mu reseptas. Na closest ting to a safe 7-OH mimik wey no go perpetuate dependa.
DSIP	100-200 mcg	SubQ ya intranasal, 30–60 min for bed time	Delta Sleep-Inducing Peptide. Na gbasara #1 problem for 7-OH withdrawal: no kpu (no sleep). Diferí from benzos or z-drugs, DSIP waka alá architektúr úté a n'ime eda kpo (eda no supress am).
Semax	100-300 mcg	Inta nasal, una pormu kori aforo iwe	ACTH-derived nootropic. Boosts BDNF (brain repair factor), reduce anxiety, clear brain fog. Help di cognitive symptoms of withdrawal: no fit think, no fit focus, everything feel wrong.

Peptide	Dose	Rute / Timin'	Wat iyaa gbe for you?
			Nigeria Suicide Prevention: 08062106493

 # Wat You Go Feel - Phase 1 (Plain Talk)

- **Emotions Flooding: Na like say suddenly all sorts feelings go come at you at once. You fit feel sad, angry, confused, or even a mix of everytin.**

- **Loss and Grief: You go think about the person wey pass away or the situation wey cause pain, and dis go make you feel like something missing inside you.**

- **Anxiety and Worries: Your mind fit start race, thinking about all the "what ifs" and "maybes." Dis fit make your heart beat fast and give you a feeling of unease.**

- **Fatigue and Exhaustion: You go feel tired all the time, even after sleeping well. Dis kind fatigue no be normal o!**

- **Difficulty Concentrating: Focusing on simple tasks fit become challenging. You go find it hard to remember things or make decisions.**

- **Changes in Appetite: Some people get lose their appetite, while others eat more than usual.**

- **Physical Symptoms: Body pains, headaches, and stomach upsets no be uncommon during dis phase.**

- **Isolation: You might want to stay alone and avoid social situations, which can make you feel even more isolated.**

If you or someone close to you be feeling dis way, reach out for help. Nigeria Suicide Prevention: 08062106493

BPC-157:
Awa 1-2: Bil rai no inga afi o. Iye don do quiet repair work.
Day 3–5: Di gut krampin for pass an da toilet urgency start dey reduce. Afe sick wey dey sit down for your stomach, as e be less violent now.

Ai 5–7: Di feel o, wey every tin dem seem lose pikin and gray, mighta get little bit better. No be happiness wey come, but just di feeling say na less deep for di bottom of well.
Week 2: Di year crave for things go reduce, but dem still dey. Just no longer so overwhelming.

Selank: na kind of drug wey help reduce anxiety and stress. E be anti-anxiety medication wey work by balancing chemicals for brain called neurotransmitters. Selank no be for everyone; make sure you talk with doctor before take am, especially if you got any medical condition or taking other drugs.

If you feel like you or someone else dey face serious anxiety or depression, contact Nigeria Suicide Prevention: 08062106493 for help.
Within hours of di first dose: Di anxious screaming for your nervous system go reduce. No be say e dey disappear, but e go come down. Like someone finally find di volume knob. E no go feel like high; e go feel like one-degree reduction for how unbearable dis all be. That na di point.
Day 2–3: Igo become more regular. Di panik peak no longer too sharp. Unu go get few minutes wey no be fear.

DSIP: Dis na imo epe ole (Data Security and Integrity Protocol) wey for ensure say data for any system dey safe, secure, and intact. E get procedures wey help for protect data against any form of compromise or loss.
Naijá:

Naija night 1: A gan tii ko go feel drowsy for time o, fori awon ti o le se expect. No be say ko go knock out, but more like body ni remember say i dey allowed shut down. Brain ti oda aju nke a ya 7-OH for months. DSIP na note wey kuna tell system tu: "Aya, abeg allow sleep now."
Naijá:

Naija night 2–3: Slep come fasta. Still broken, but fasta. Dem fit wake you for 3am, but den come back to sleep — na dis be progress.

Semax
Day 2–4: Brain fog begin reduce slowly. Word start come easyer. You go think more clear, but still no be too sharp. No expect big change, just small improvement, like you dey work for 80% only.
Week 2: Iyo nke a banyere ya, ebe mma. Begin di kpiankpan rara. E be BDNF wey an do am.

SELANK: Na closest safe mimic to 7-OH (dis important)

Minsa nufia aikun "e tii ko bane 7-OH so mo moz naa stop yawa?"

Ìràn nwù: ìnàtí àwọn onír láti 7-OH níjì mo le jẹ, ábá ti ó sèmòrìn àwọn aláìlọdó. Selank ní bẹ ránta gbele lori àwọn ara nla.

Here's the biology: (Unchanged, as per instructions)

- **Genes and Brain Chemistry: Certain genes, like those involved in dopamine production and regulation, play a crucial role in mood, motivation, and pleasure. Imbalances in neurotransmitters, particularly dopamine and serotonin, have been linked to depression.**

- **Brain Structure: Research suggests that people with depression might have differences in brain structure and function, including smaller volumes in regions associated with mood regulation, such as the prefrontal cortex and amygdala.**

- **Hormones: Hormonal imbalances can also contribute to depressive episodes. For example, fluctuations in cortisol (the stress hormone) or thyroid hormones can affect mood and energy levels.**

- **Environmental Factors: Traumatic life events, chronic stress, social isolation, and certain medical conditions can increase the risk of developing depression. These experiences can trigger changes in brain chemistry and hormonal balance.**

****Support and Resources:****
Nigeria Suicide Prevention: 08062106493

- Selank basé for Tuftsin, iya e peptida wey ya occur naturalmente, wey regulate sistema immuni ti o yara sistem neuroendokrin.
- Iye, iya gbe gba enkephalinase - un ọrà à to pèlè ìwé pepe (enkephalins) n'ọdịnì a.
- Your own natural endorfin-like signal for pain go fit last longer and dey work more effectively.
- Iyo na o modulate serotonine, dopamin, na GABA - iya neurotransmitters wey 7-OH withdrawal dey damage.

I fit help you translate anything into Naijá (Nigerian Pidgin). Just give me the text and I'll do my best to make it clear and easy to understand.

Remember, if you're going through a tough time, you can reach out to Nigeria Suicide Prevention on 08062106493 for help.
Selank bantu mo brai memaan koko lo fi ok na e gbe a gba e. I no dey give unyim vacayshun for chemikal. I dey traini brai da fune unyim ki go prodi unyim sèkiti pépé. Na di fark 'tó prosthetik for fisioterapi.

Moreso users dey report say dem see clear reduction for the anxiety and restlessness wey come wit withdrawal within 2-3 days after dem use it consistently. E no go give you high, but e go make di bottom of withdrawal much easier.

PHASE 2: RECEPTOR REPAIR (2-8 week)

Ìràn nùrù na ọjọ́ ìwé ti o ni 7-OH ní pa tí ọ na-arú. Ọràn ịmụlá ịgba-igba ịkwu na ịna-ekpeghí a.

Peptide	Dose	Rute / Timin'	Wat iyaa gbe for you?
BPC-157	250 mcg	Continue dailysubQ ya oral treatment.	BPC-157 na di one dey drive repair for dopamin pathway, wey dem take weeks for complete. No stop early.
Epithalon	5-10 mg	SubQ, 5 days on / 2 days off for night time.	Pineal gland regulator. Ayi restore melatonin produksin iwea circadian rytm. Beli weke 2-4, ke iwea ako o nye ebe gbasara, ama akoko crisis akwukwu ya ati pass. Ara nke a fi telomere iwea peremuta celulair.
TB-500	2.5–5 mg	SubQ, every two weeks	Sistemik ilinç akselerátòr. Köri foráa bẹrí ọgà n'ọwó wá — inflamasni, mụṣu achè, immun supresipn. TB-500 klirá sistemik ndamaci na ako sùpèr rẹkòvéri.
Semax	100-300 mcg	Continue use for nasal, every morning only.	BDN (Brain-Derived Neurotrophic Factor) ke leveli kpe sùren tòk supòrt. "Brain fog" (mùsù moji) n'o gbe aki pèssin ati 4–6 sanu mi bez iwe inda ìwé nootropic (nùural support) kpe sàkà.

 # Wat You Go Feel - Phase 2 (Plain Talk)

When you first start dis journey to get better, na like you dey discover a new world. Some people fit tell you say recovery na smooth road, but e no be so. E go come in phases, and phase 2 na one of the most important ones.

You go begin to feel things wey you never feel before. Emotions go flood your system, and dem go be strong. You

might feel happy one minute, then suddenly angry or sad for no reason. Dis na normal; e na part of dis process.

- **Emotions Wea Go Come:**
** - Joy, peace, and hopefulness. But don't be surprised if dem mix with feelings like anxiety, guilt, or loneliness.**
** - You go understand say you fit make choices now wey never dey available before. Dis freedom na good, but e fit also bring confusion.**

- **Changes In Your Body:**
** - Your mind go clear up, and you go begin to see things more sharp.**
** - Sleep patterns go improve, but stress and anxiety still fit disrupt dem sometimes.**
** - You might feel more energetic or experience changes in your appetite.**

Remember, dis phase na about growth and understanding. It's when you start to piece together who you are and what you want. If ever you feel like you no longer got control, reach out for help. Nigeria Suicide Prevention: 08062106493.

BPC-157 (continuing):
A gan now e be like say im dey work for background. Reward system na slowly come back online. You go notice say as time pass, you go get occasional moments when you really want to do things - eat, go outside, talk to person. Na a sign say BPC-157 and your dopamine system don reconnect. Dem go become more frequent each week.

Epithalon
Wiek 2-3 na nye mbe: Thingk wa gbe go get predictabla. Aye wakasua for time wey dem dey consistent. Ndeam na amakwa ya riala ya aburaba start don set. Nye mbe ayekorotí, ma se perfect, but e get shape for am now, in place of just be chaos.

TB-500:
Ape leg an back don begin taya, e go ko sii ko fi. O ga help say you go feel less irritated for real. You go easy move, easy fit exercise, an exercise na medicine wey fit help you now.

Semax (continuing): E be like say ima use am to help people manage stress and anxiety, o! Imo shey na true, because e get some special

properties wey help body and mind to relax. Some people don report say e help dem to sleep better, reduce restlessness, and even improve mood.

But make you remember say, like every drug, e no be without risk. If you de use Semax, make sure you talk with doctor first, especially if you got any health condition or taking other medicines.

Na imo e be important to follow the right dose wey doctor give you. Overuse can cause side effects like restlessness, headache, and even changes for heart rate.

If you pass through any problem or have question, reach out to Nigeria Suicide Prevention on 08062106493. Dem get trained pple wey go help you.

Na week 3–4, na you go see say you become more kognitively presen. Ebe a phase say people go say, "I feel like myself again," even if just for moment, e be say BDNF (Brain-Derived Neurotrophic Factor) dey rebuild the neural scaffolding wey chronic 7-OH use erode.

PHASE 3: NEUROLOGICAL REGENERASI (Mese 2-6)

Aya, na aye, iji oku otu onim e nlaa. E be fase e ni gbe a ko si iranla ati ako si fun awon onigbono ti o le fun yori, pe awi pe a se ako si ike awo nlaa.

Peptide	Dose	Rute / Timin'	Wat iyaa gbe for you?
BPC-157	250 mcg	Taper for go 3 kali per week, or cycle: 4 week on / 2 week off	Maintanance level. Dopamine sistemi repaire ya casi don, ama BPC-157 sikel for say nyuroplastisiti kontinuo.
Epithalon	5 mg	Annual awo bi-annual 10-day kurs	Epithalon for most times dey run as a period course rathar than every day. Sleep and circadian benefits make e fit last long after di cycle finish.
Dihexa	8–16 mg	Oral, everyday (cycle 4–8 week)	Ebe a powerful BDNF (Brain-Derived Neurotrophic Factor) enhancer wey dey work as synaptogenic peptide. Na better than Semax for long-term cognitive reconstruction. E help rebuild di neural connections wey chronic opioid use dey erode.
Selank	As e be needful	Inta nasa, for high-craving days alone	Transition Selank to iya gbe a tool wey dem fit use as needed. Use am when craving don come heavy ya when stress dey increase. Am remain effective for demand, without lose power.

Peptide	Dose	Rute / Timin'	Wat iyaa gbe for you?
			Nigeria Suicide Prevention: 08062106493

Wat You Go Feel for Real - Phase 3 (Plain Talk)

Mês 2-3:
Awaa gbe, odi otu gbasara go fit replace awon omi gbadun. O le se e fun nkan lo fi iwe nlo mo pee for week 1. Kuli, BPC-157 and L-Methylfolate ni aye koro fun ayo ti o dupe sii.

Dihexa
Na dis place say recovery kernel don begin true o. Some people describe am as "my brain don come back online." No be stimulant feeling - no be high feel. More like difference between think through static vs think through clear air. Memory start work again. You remember things. Sentences complete themselves.

Selank on-demand:
Na Phase 3, you for no need am everyday. But keep am there. When a strong desire come knock, when a stressfull event dey happen, when an anniversary of something painful dey come around - two sprays, volume low, ride am out. Dem no lose strength wey dem get when used now and then.

Na d whole pictur:
Mons 3, many pple report: iwe deyi kpofia faan tins. Energi wey no go crash. Emo-emo wey make sens. Abiliti da get genuine good feelin 'bout somtin without needing substance to reach am. Na dis be your reward system rebuild. Na dis be all di struggle for.

STRENGTH — Ọzọ Ńkwa nke a di ịgwe na eme ọ bụrụ na gbasara ịmụ ụbọchị.

S - Sleep for am. DSIP + Epithalon. Sleep na time say your brain go physically rebuild opioid receptors.

T — Taper sọk sọk. Pill taper ya, atau slow bottle taper. Kontrol variabəl. Imprecision dey kost you.

R - Recepta arikun. BPC-157 na asa n'obaje. Iya onirun pe opioid pathway na ọrụ ọkwa.

E - Suport for enkephalin. Selank keep your own opioid peptides active while your system recover.

N — Neuro-rekonstrukshun. Semax → Dihexa. BDNF na di hormo nyanu aikun gbasara mo. Mo ti need am.

G — Gut healing. BPC-157 goi heal gi tract. Opioid withdrawal dey damage digestion. Same peptide, two role.

T — Tissal rekuari. TB-500 klirá sistemik inflámashun iyo ọmú bodi-wide nhegba.

H — Kó sẹkí ọr. Ìràn njọkọ wá. Jé kúlìtú níbori. Títí biologi n'imade.

 # Peptìd Sùrks ìgìní naa ìdànṣtrìkshun

Peptìd, yáar, naa a bēnèfìcial sùlūsìn pẹr tīm ìntir-bodi pèrformans èe. Ó, fori ìmporṭant tō know say di sòrcing èe peptìd ìz reliable sources naa be the fāstest wáy tō ensure effektivity èe.

****Sùrks Peptìd:****
- Sìnce peptìd bēnìfìcials naa wide range, adire a proper supplier wey specialized for biotechnolŏji èe.
- Chọk a brand ìtīm fōr quality assurance; ọlùpe ìnstructiuns fār mænifēst sùrity.
- Verifìk if di supplier adhears tō good manufacturiing practices (GMP) fór safēty èe.

****Administrāshun:****
- **Rūt of Administrāshun: Peptìd pẹrformans bētter wēy ìf administered intramuscularly (IM).**
- **Dōsājènt: Fɔllow dōsājènt instructiuns carefully; ọlù peptìd concentration èe mătter.**
- **Tīmìng: Kēep appointments fór regulār administrāshun tō maintain consistent result.**

Dis peptides na research compounds. Ogaa dis ọkọ nwụ:

- BPC-157, Selank, Semax, na DSIP dem ya peepul wey do research for peptides supply. Qualiti go vary plenty - use reputable vendor wey don get third-party COA (Certificate of Analysis).
- SubQ (subkutan) injekshun na ako ole effektiv ruta fo BPC-157 ama TB-500. Intranasal nasal sprey na ako ole effektiv fo Semax, Selank, ama DSIP.
- BPC-157 dem ti get oral bioavailability (as e no be like most peptides). Oral capsules yaa or make am dissolve for water dey fit replace injection for some pple.
- Epithalon for usually run as a short course (10–14 days) instead of daily for life time.
- Ìrànkí wící nìlè ìwé ìrànkí injekṭáblê, níjì tún wà ní àwọn aláìlò máa ránkí. Awon ìlù-médicín ìwé peptídé aṣeyó iwe ó jẹ́ ọrànnà lori àwọn èdè pékátílè.

Peptides na be like magik medicine; dem dey help but no dey do am all. Dem go make di withdrawl level reduce greatly and speed up di recovery process, but di taper work still must don.

 # Full Recovery Stack

- **Detoxification: This initial step involves safely removing substances from the body. For opioid addiction, medications like *Naloxone* can be administered to counteract withdrawal symptoms and block the effects of opioids.**

- **Medicated Support: Certain medications can aid in recovery. For instance, buprenorphine or methadone can help reduce cravings and suppress withdrawal symptoms during the detoxification process.**

- **Psychotherapy:**
** - **Cognitive Behavioral Therapy (CBT):** CBT helps individuals identify and change negative thought patterns and behaviors related to substance use.**
** - **Motivational Interviewing (MI):** MI is a collaborative approach to enhance motivation for behavior change.**
** - **Family or Group Therapy:** These provide support from loved ones and peers, fostering a sense of community during recovery.**

- **Support Groups: Joining groups like Narcotics Anonymous (NA) offers peer**

support and a safe space to share experiences and stay motivated.

- **Lifestyle Changes:**
** - **Nutrition and Exercise:** A balanced diet and regular physical activity can improve overall well-being and mental clarity.**
** - **Stress Management:** Learning relaxation techniques like meditation or yoga helps manage stress, a common trigger for relapse.**

- **Aftercare and Relapse Prevention: Ongoing support through aftercare programs, including regular check-ins with healthcare providers, can help prevent relapse.**

Peptides dey work best for better effect when dem go together with a solid foundaship supplement protocol. Na so e be like say na full picture e be.

⚡ Tier 1: Na di Heavy Liftaa (Fisikal Withdrawal)

Liposomal Vitamin C be a form of vitamin C (ascorbic acid) wey don be wrapped up for easy absorption by di body. Dis method of delivery make e pass through di gut wall more effektyin, leading to higher levels of vitamin C for maximum health benefits.

Some key points about Liposomal Vitamin C:

- **Improved Absorption: Di liposomes help break down vitamin C into smaller particles, making it easier for di body to absorb.**
- **Enhanced Bioavailability: Dis form of vitamin C don reach di cells faster and stay longer inside di body.**
- **Potential Benefits: Include supporting immune system health, promoting collagen synthesis, and acting as an antioxidant to protect against oxidative stress.**
- **Dosage: The recommended dosage varies based on individual**

needs. Always consult a healthcare provider for guidance.
Ako plan na ima 3,000–5,000mg every 2–3 hour for withdrawl akut, e no go cause overdose. Body go use wetin e need and throw away rest. E blokas 70–80% withdrawal sintom fizik for many pipo. Na must na dem fase akut.

 # Black Seed Oil (Thymoquinone)

Black seed oil, wey na extract from *Nigella sativa* seeds, contain a compound called thymoquinone (TQ). TQ be one powerful antioxidant and anti-inflammatory agent wey don show various health benefits.

Some of the potential benefits include:

- **Improve immune system: TQ help boost the body's natural defense mechanisms by increasing the activity of white blood cells.**
- **Anti-cancer properties: Some studies suggest that TQ may inhibit the growth of cancer cells and induce apoptosis (programmed cell death) in certain types of cancer.**
- **Antimicrobial effects: It has been shown to possess antibacterial, antifungal, and antiviral activities, making it a potential natural remedy for infections.**
- **Digestive health: Black seed oil be known to aid digestion, reduce inflammation in the gut, and help relieve symptoms of gastrointestinal disorders.**
- **Cardiovascular benefits: TQ may help lower blood pressure, improve cholesterol levels, and protect against heart disease.**

However, more research is needed to fully understand its effects and establish safe dosages, especially for long-term use.
Aye, ima sooth opioid reseptor site sans set dem active. Dem get anti-inflammatory properties too. O ga reduce say raw, irritated feel for your nervus system.

Agmatine Sulfate
Dis reduce 7-OH tolerance for below and protect against glutamate surges (the neurochemical cause of physical restlessness and agitation). Take 1,500–2,000mg every day.

N-Akut N-Asa Kisi (NAC)
Eregulate glutamate fori e nuke aki mbe akwukwu (nucleus accumbens) - e be ikejere agbada a gbasara. Taa ooo riri tinru oku ihe di ọhụrụ na-eme ka ịkpeazụ ihe ọzọ n'ime ụwa ebe. 600mg 2 kali/di.

TIEW 2: O NEURO-REPAIR STACK (Mood & Depresion)

L-Metilfòlèt + Metilkòbalamín (B12)
If iya carry MTHFR variants (iwe common for aworun pipo cuh addiction histories), iya body no fit synthesize dopamine and serotonin efisien without iwe methylated form of di vitamins. Folic acid standard no go work. Use L-methylfolate (Deplin-equivalent) at 7.5–15mg daily. Dis na raw material for iya brain 'recovery'.

Nigeria Suicide Prevention: 08062106493

Magnesium Glycinate
400–600 mg for bed time. Dis important fàr COMT enzyme wòrk (clear excess adrenaline), GABA recepter support, and sleep. No be negotiable. Na dis na your cheepest and most effectiv daili tool.

Vitamin D3 plus K2
5,000 IU D3 maadi gbe 100mcg K2 ebe. User of opiogin (opioids) for example almost always low in dis one. D3 na factor wey directly affect mood and immune system.

Omega-3 (High EPA)
2-4 g per day, formashun wiv high EPA. EPA for sure reduce inflamasion for brain and help recover de dopamin reseptor densitii.

TĨƠR 3: SLEP RESTOREṢHŸN

- Magnesium Glycinate: 400–600 mg — your foundation
- DSIP peptíd: 100–200 mcg forá bed (Fase 1 & 2)
- Epithalon: 5–10 mg sikel (Fase 2+).
- Melatonin: 0.5–1 mg (dose nwim work betta dan high dose)
- L-Theanine: 200mg — soo kala, no dey sedate
- Room for di temperature 65–68 °F, no light at all, and maintain same sleep time every day
- Waka go take hot bath for 60–90 minute for di top before go sleep: make body temperature reduce, send signal say na time to sleep.

Benadryl every night (make am cause next day groggy feel and make withdrawal worse for time)
Alcohol for all (destroy sleep pattern and reactivate cravings)

What withdrawal feels like na when your body and mind miss the presence of a substance wey dem used to depend on. Dem fit show various symptoms, depending on wetin you use and how long you use am. Some people go experience:

- Strong feelings of anxiety and irritability
- Difficulty concentrating or making decisions
- Insomnia or sleep disturbances
- Nausea, vomiting, or diarrhea
- Sweating, tremors, or chills
- Mood swings, depression, or anger
- Fatigue or lack of energy

If you feel like dis, important reach out for help. You fit talk to a medical professional or join a support group. Nigeria Suicide Prevention line number na 08062106493.

Because Feel Free get am high concentration of 7-OH alkaloid, di withdrawal symptoms fit strong. Na dis one be normal – and na dis tools wey help to reduce each one:

- **Anxiety and Irritability:** Meditate, Yoga, or talk to a friend.
- **Insomnia:** Try relaxation techniques like deep breathing or progressive muscle relaxation.
- **Nausea and Vomiting:** Eat small, frequent meals and stay hydrated.
- **Sweating and Chills:** Keep yourself warm and wear comfortable clothes.
- **Fatigue:** Rest and engage in light physical activity.
- **Depression:** Write in a journal, listen to soothing music, or do something creative.

Symptom	Wey e happen?	Strength Tool
Na so e be, aye! If	Opioin di kọrọ maki amu ti	DSIP peptídì + Épitalon + Magnísium

Symptom	Wey e happen?	Strength Tool
you no fit sleep, try dis: - Make sure your room don get good air flow, make am cool and dark. - Try read a book or listen to soft music to help you relax. - Avoid use phone or computer before bed, dem go tire your eyes. - Do some light exercise like walk around or stretch. - Write down any thing wey dey pass through your mind to help your head clear. If na serious problem be, call Nigeria Suicide Prevention: 08062106493 for help.	REM rebound iyo insomnia.	Glisinát
Restless legs ni a condition wey make your leg feel uncomfortable or irritable if dem stay still for long time. E go cause you to feel like you need to move am or kick am continuously. Dem dey often happen at night, especially when you try sleep. E no have clear cause yet, but some factors wey eya contribute include:	Glutamate surge, dopamin dem deyi	Agmatine + Magni si + Selank

Symptom	Wey e happen?	Strength Tool
- Stress and anxiety - Lack of exercise - Certain medications - Medical conditions like anemia or thyroid problems - Pregnancy If you feel like your restless legs dey interfere with your daily life or sleep, make you reach out to nairacare professional for advice. Dem fit help you identify di cause and suggest possible treatments. **Nigeria Suicide Prevention:** 08062106493		
Anxiety / panic ti mean strong and sudden feelings of fear, worry, or unease. E fit come suddenly and make you feel like you no fit breathe or think clearly. Eya symptoms fit include: - Heart beating fast - Sweating - Trembling - Shortness of breath - Feeling like something bad go fit happen - Nausea or stomach ache If you dey	Norepinefrin taitem sans kòkain kòlài	Selank (immediat) + BPC-157 (lègìn)

Symptom	Wey e happen?	Strength Tool
experience dis regularly, make you reach out to a healthcare provider for help. Dem fit offer different ways to manage anxiety and panic attacks. Nigeria Suicide Prevention: 08062106493		
# **Depression / Anhedonia** Depression na condition wey make person feel ebe ova or complete loss of interest for activities wey dem fit earlier enjoy. Anhedonia, wey be part of depression, na when person no longer find pleasure for things wey dem use to love. E fit start suddenly or gradually, and symptoms fit include: - Sadness or empty feeling - Loss of interest for hobbies or activities - Change in appetite or weight - Sleep problems (oversleeping or undersleeping) - Fatigue or loss of energy - Difficulty concentrating - Feelings of	Dopamin sistem don crash	BPC-157 + Semax + L-Methylfolate

Symptom	Wey e happen?	Strength Tool
worthlessness or guilt - Thoughts of death or suicide Eya, if you or someone close to you dey struggle with depression or anhedonia, reach out for help. You fit contact Nigeria Suicide Prevention on 08062106493.		
Muskul pain	Inflamasi, disregula sistem nervus	TB-500 plus Liposomal C for hot baths
GI distres (Gastrointestinal distress)	Opioid reseptor for gut e nwunwa ya aburah (kaya dem call am) kwere na-instabilize.	BPC-157 (e kine gut lining heal) + Liposomal C
Brain fog be when someone feel like dem no fit think clear or remember things well. It don cause confusion and make tasks wey require concentration hard to do.	BDNF supresshun, oksidativ stres	Semax + Dihexa + NAC + Omega-3
Craving na strong desire or need for somethin, often something wey no good for us. For many people, cravings moste be related to substance abuse like drugs or alcohol. When you experience cravings, e fit make you feel stressed, anxious, or even depressed. If you dey struggle with cravings, here are some steps	Dopamin defisit state plus enkefalin reduce	Selank + NAC + BPC-157 + exercise

Symptom	Wey e happen?	Strength Tool
wey might help: - **Identify Triggers:** Try find out wetin trigger your cravings. Is it stress, certain places, people, or emotions? Knowing dis can help you avoid triggers or find better ways to cope. - **Seek Support:** Talk to a friend, family member, or therapist about your feelings. Sometimes, sharing your experience with someone else fit make you feel less alone and offer new perspectives. - **Find Alternatives:** Look for healthy alternatives to satisfy the need dat cravings cause. Dis could be exercise, meditation, hobbies, or spending time with supportive people. - **Professional Help:** If cravings dey affect your daily life, consider reaching out to a healthcare professional or counselor. Dem fit provide strategies and support tailored to your specific needs.		

Symptom	Wey e happen?	Strength Tool
Nigeria Suicide Prevention: 08062106493		
Mood swings be when im one minute happy, den next minute sad for no apparent reason. It dey affect people feelings and behavior ehn.	COMT overloada, MTHFR metilasi disrupshun	Magnesium Glycinate + L-Methylfolate + B12
Sweating / chills: ọrụ n'oge / ọrụ akwụkwu	Sistem Nervus Otomatik ko bii kpe-kpe	Liposomal C plus hydratation plus elektriyalit (electrolytes)

7-OH Timeline (Realistic)

1. **Morning (7:00 AM - 9:00 AM): Wake up, perform morning routines, and prepare for the day ahead. Try to engage in activities that bring joy or a sense of accomplishment.**

2. **Work/School (9:00 AM - 5:00 PM): Focus on tasks and responsibilities. Take breaks when needed, but try to maintain a productive mindset. Interact with colleagues or classmates, and seek support if feelings of stress or anxiety arise.**

3. **Evening (5:00 PM - 7:00 PM): Relax and unwind after the day's activities. Engage in hobbies, exercise, or spend time with loved ones. Avoid excessive screen time before bed.**

4. **Dinner Time (7:00 PM - 8:00 PM): Share a meal with family or friends. Use this time to connect and discuss the day's events. A good dinner can improve mood and provide a sense of belonging.**

5. **Leisure/Sleep Preparation (8:00 PM - 9:00 PM): Wind down with calming activities like reading, meditation, or**

listening to soothing music. Avoid intense conversations or arguments before bed.

6. **Sleep (9:00 PM onwards): Aim for a consistent sleep schedule. A good night's rest is crucial for mental and emotional well-being.**

****Important:** If you're experiencing feelings of distress or crisis, reach out to Nigeria Suicide Prevention: 08062106493.**

AKUT STADĨ (Iri 1-7 ebe l'ado dōs ēlē kūkuri):
Oga, ó na di 2-4 iwe dem peak for physical symptoms. Meantime, me yawa STRENGTH stack, plenty pple get 40-60% reduction for severity. Ebe a, e be phase wey full peptide + supplement loading fit matter most.

POST-ACUTE FAZE (2-8 weken)
A faya symptoma go fade, but a mentol waka remain: craving, low mood, moti problem, sleep no be regular. Semax, BPC-157, and L-Methylfolate don carry dis phase.

Full Recovery (Months 2–6):
Brain chemistry don go back to normal level. Every week, things go betta dan forara. Dihexa and long-cycle BPC-157 help complete the recovery of receptor density. Most pple go feel genuine betta - no just less pain - by month 3.

If iya taper slowly ehn ah use di STRENGTH stack, na dis one go make every tin spread for long time, make every phase become much easier.

 # **How to Handle Cravings**

- **Identify Triggers: Understand what triggers your cravings. Is it stress, emotions, certain environments, or people? Recognizing these triggers is the first step to managing them.**

- **Find Alternatives: When you feel a craving coming on, try to distract yourself with healthy alternatives. This could be going for a walk, practicing deep breathing exercises, listening to music, or engaging in a hobby.**

- **Seek Support: Reach out to friends, family, or support groups who can offer understanding and encouragement. Talking about your cravings and feelings can help reduce their intensity.**

- **Practice Mindfulness: Learn mindfulness techniques like meditation or yoga to stay present and aware of your cravings without judgment. This can help you make conscious choices about how to handle them.**

- **Set Realistic Goals: Break down your goals into smaller, manageable steps. Celebrate each achievement along the way,**

no matter how small. This positive reinforcement can motivate you to continue.

- **Nigeria Suicide Prevention**: If cravings become overwhelming and impact your daily life, reach out for professional help. You can contact Nigeria Suicide Prevention on 08062106493 for support and guidance.

Craving for something na be like wave wey go rise, reach top, then pass. Most time dem no go last more than 15-30 minute. If you fit hold am, e go pass o.

20-Minut Ruul

7. Kook for di clock - note di time.
8. Kwa iwe: "Just neme i get 20 minute."
9. Abeg, if you get 20 minutes free, you fit do plenty things:

   - Read a chapter of your favorite book.
   - Call a friend or family member wey you no talk to for a while.
   - Do some simple exercises like push-ups, sit-ups, or even a short yoga session.
   - Meditate or just close your eyes and relax.
   - Plan your day or week ahead.
   - Listen to your favorite music or podcast.
   - Cook a small snack or try out a new recipe.
   - Do some quick house chores like tidying up or organizing your space.
   - Write in a journal or start a gratitude list.
   - Learn something new from an online video or article.

   Just choose something wey go make you happy and productive.
10. CHECK BACK - Oga, say make di craving reduce ya nwuri for di next time pe.

Ìràn nì ìwé "áti pépè" níjì, ó sí "ònàtí nín". Àwọn moóla láti àwọn ákán nípasẹ́ sùmòrìn náa gbéga a.

CRAVING RESPONSE TOOLKIT

- **Identify Triggers: Understand what triggers your cravings (e.g., stress, certain people, places).**

- **Find Alternatives: Develop healthy coping mechanisms like exercise, meditation, hobbies, or connecting with supportive friends.**

- **Set Goals: Remind yourself of your "why" – the reasons you're choosing to stay away from substances.**

- **Practice Mindfulness: Focus on the present moment; cravings are often fleeting.**

- **Reach Out: Talk to someone who understands, like a friend, family member, or support group.**

- **Seek Professional Help: Consider therapy or counseling for long-term support.**

****Nigeria Suicide Prevention:** 08062106493**

 # **Immediate Action (0-2 min)**

- **Breathin' Hard: If someone is having a panic attack, encourage them to take slow, deep breaths. Say "Breathe in for 4 seconds, hold for 2, then breathe out for 6."**
- **Safety First: Ensure the person is in a safe space. Help them sit or lie down if they feel unsteady.**
- **Talk It Out: Calmly ask about their feelings and what triggered the attack. Avoid dismissing their fears.**
- **Emergency Contact: If symptoms persist or worsen, suggest contacting Nigeria Suicide Prevention: 08062106493 for professional help.**

- In-nasanal Selank: 300 mcg. Na biokimik craving stop wey dey for your stak.
- Water kòl na iwe ìwà yaìr for face or take cold shower. Kòkò ìwà a disi ìrànnì sèkrét nùrèssìsìn èé ati bùm ìwà kòròpúlâre.
- 5-7-8 nwutee: in 4 kuku count, hold 7, out 8. Repeat dis 5 times. Make para-sympathetik brake don work.

 # **Short-Term (2–20 minutes)**

- **Breathing Exercises: Focus on slow, deep breaths to calm your mind and body. Inhale for 4 seconds, hold for 2, then exhale for 6. Repeat this for a few minutes.**
- **Mindfulness Meditation: Spend a few minutes observing your thoughts without judgment. Notice the sensations in your body and let them pass like clouds in the sky.**
- **Progressive Muscle Relaxation: Start from your toes and tense each muscle group gradually, then release. Move up to your head, relaxing each part of your body as you go.**
- **Visualize a Safe Place: Close your eyes and imagine a peaceful, calming place. Engage all your senses—what do you see, hear, feel? This can help shift your mood quickly.**
- **Physical Activity: Even a short walk or some simple stretches can release endorphins, improving your mood in minutes.**

- Kikis i gbono. Walk, push-up, or any other thing wey make you move. Exercise help clear the craving chemistry.
- Waka go call or send message to anyone wey understand say you pass through dis thing; make you tell am say you need im support.
- Waka. Craving for things dey often be tied to places. Move.
- Strong odor: agri koko (sour candy), hot pepper saus, strong mint. Kpe (sensory interrupt).

Your trigger map na nothing o, but if you dey struggle with feelings wey don cause trouble for im head, make you reach out for help. You fit dial Nigeria Suicide Prevention number: 08062106493. Dem go listen and offer support.

Remember, no be thing too bad wey dem no get solution. Help dey hand, so take step one today.
When e be morning, if you dey reach for Feel Free, make you have plan already. No matter wetin dey happen for office or work, before you come home, have something to do, something to engage you.

If e be after work, na time to unwind, but no let unguarded feeling take over. Plan ahead to do somethin' different, like read a book, play a game, or connect with friends.

If you feel bored, instead of reach for Feel Free, try find something productive to do. Engage in a hobby, learn somethin' new, or help someone.

When stress dey come knocking, don't just grab Feel Free. Try relaxation techniques like meditation, deep breathing, or yoga. You fit also go for a walk or talk to a friend.

If you feeling lonely, reach out to friends or family instead of turning to Feel Free. Plan social activities, call someone, or join a community group.

YOUR RECOVERY INVENTORY

Kòsì àwọn ìwé se before tú wọlé sáká. Ó nín gbé ní ti ó so pe ti o ni aṣe lori ènìyàn láti aṣu ìwé, kòsi ṣe ìrànlèdó tí o le jẹ́ ọmọ́ àwọn ìwé.

□ **Wha to haa ready**

PEPTÍD (foráwo iṣe ọjọ́ ọrụn):

- BPC-157 — Fase 1, 2, na 3 pikin-pikin
- Selank nasal spray — Igo nwan na ibi anyi gbasara yaa ama kpofipri ọkụ
- DSIP — Sleep restor (Fase 1 + 2)
- Semax nasal spray — □□□□□□ BDNF (Brain-Derived Neurotrophic Factor)
- Epithalon — Circadian na Sleep Repair (Phase 2+).
- TB-500 — □□□□□□□

Suppement: na di tins wey help strengthen body system and improve health condition. Dem come in different form, like tablet, capsule, powder, or even liquid. Some common supplements include vitamin, mineral, herbal, and amino acid.

E no matter you get money or not, still important to do research well before take any supplement. Make sure understand the potential benefit and side effect for di specific one wey you want take. If you have any health condition or taking other drugs, consult your doctor first.

- Liposomal Vitamin C — 3,000–5,000mg boti (di kind wey no be ascorbic acid tablet)
- Agmatine Sulfate — 1,500–2,000 mg everyday
- NAC - 600mg 2 kali for day
- L-Methylfolate — 7.5–15 mg (no folic acid)
- Methylcobalamin B12 — 1,000mcg sublingual
- Magnesium Glycinate — 400–600 mg
- Vitamin D3 plus K2, Omega-3, and Black Seed Oil

Fɪɜikal kọmfort:

- Oya, ahe di heating pad for muscle pains and them legs wey dey restless.
- Epsom salts for baths be good for body relaxation and skin softening. You fit add it to hot water and soak yourself for about 20-30 minutes. Dis help reduce muscle pains and stress.

  Note: If you get any health condition, ask your doctor before use.
- Elektri l-paket (Pedialyte, LMNT, ya ase ebe simi)

- Imodium (for problem for gut system)
- Room thermometer — keep am for 65–68°F (aproximatly 18-20°C) for sleep
- Blackout curtains + maki waka wey emi ebe (white noise machine)

 # **After Your Last Dose: Day-by-Day Recovery Blueprint**

- **Day 1: Focus on rest and hydration. Engage in light activities like walking short distances. Be mindful of intense emotions; it's normal. Contact a support group or therapist for guidance.**

- **Day 2: Continue with gentle exercises like stretching or yoga. Maintain a balanced diet rich in fruits, veggies, and whole grains. Keep a journal to track your feelings and progress.**

- **Day 3: Gradually reintroduce normal routines. Start with simple tasks and build up. Practice deep breathing exercises to manage cravings and anxiety. Reach out to friends or family for support.**

- **Day 4: Address any physical side effects like insomnia or nausea with over-the-counter medications. Engage in creative outlets like art, music, or writing to express yourself.**

- **Day 5: Increase social interaction, but avoid triggers like clubs or heavy drinking environments. Consider joining a support**

group for peers going through similar experiences.

- **Week 2 and Beyond: Focus on long-term strategies:**
** - Set realistic goals and celebrate achievements.**
** - Learn new coping mechanisms for stress and cravings.**
** - Explore hobbies and activities that bring joy.**
** - Maintain regular sleep patterns and a healthy diet.**
** - Regularly connect with your support network.**

Remember, seeking help is a sign of strength. If you're facing a crisis, contact Nigeria Suicide Prevention: 08062106493.**

If iya taper slowi wey you use your STRENGTH stack, na dis one go be significantly milda for "cold turkey".

Time	Wha to expect	Wetin to do? 1. **Reach out to someone:** Talk to a friend, family member, or someone you trust about how you're feeling. 2. **Seek professional help:** Contact a mental health professional for support and guidance. 3. **Call for emergency assistance (if in immediate danger):** Nigeria Suicide Prevention: 08062106493 4. **Find resources:** Look up local support groups, helplines, or online communities that can offer help. 5. **Practice self-care:** Engage in activities that bring you comfort and peace, like listening to music, reading, or exercising.
Day 1	Anxieti don rise, sleep go hard pass	Load your peptides. Hydrate. Go bed early with DSIP.
Days 2–3	Pik fizikal sintoms	Peptida aki forawo, Liposomal C fori 2–3 awori, hot bath, eyo res.
Days 4–5	Aya begin go round corner	Kwa, go ahead. Ko sii. Walk. Ti ako pano sara akut fase.
# 6-7 days	Aso oku nwam n'obi nke a ọrụ na-akpọrọ ya	Awa so bhaa, start light routine. Semax helpa cognisyon return.
Week 2	Fisik nwunwa ya, mental na e be ọrụ	NAC + L-Methylfolate + BPC-157 carry dis phase. Selank as needed.
Weken 3-4	Feeling more human	Sleep for better. Transist to Phase 2 peptid stak.
Month 2	Much better	Good days go more number bad ones. Dihexa cycle for brain refreshment.
Mês 3-6	Naijá translation: "New normal forming" (No further changes as per instructions.)	Mo mo ti ko sii gbe. Energi ti ko awon onibajai pe. A ti o sere.

⚠ **E YI KO OJU OLOLAPI — PEARSE KIN DÍRABỌ**

 # **THE SLEEP PROBLEM**

Sleep is a vital part of our daily lives, and when we struggle with it, it can lead to significant challenges. If you're dealing with persistent sleep issues, it's important to understand that help is available.

**Common Sleep Problems:**

- **Insomnia: Difficulty falling or staying asleep.**
- **Sleep Apnea: Pauses in breathing during sleep, leading to disrupted rest.**
- **Restless Legs Syndrome (RLS): Uncontrollable leg movements that worsen when trying to sleep.**
- **Narcolepsy: Excessive daytime sleepiness and sudden episodes of falling asleep.**

**What to Do:**

If you're experiencing any of these issues, consider the following steps:

- **Keep a Sleep Diary: Track your sleep patterns, bedtimes, and wake-up times.**
- **Create a Relaxing Bedtime Routine: Avoid screens before bed and practice relaxation techniques.**
- **Optimize Your Sleep Environment: Ensure your bedroom is cool, dark, and quiet.**
- **Seek Professional Help: Consult a healthcare provider or sleep specialist for personalized advice.**

**Support and Resources:**

- **Nigeria Suicide Prevention: 08062106493 (for urgent help)**
- **Local Support Groups: Connect with others facing similar challenges.**
- **Online Forums: Share experiences and find support from the online community.**

Sleep for many people na di worst part of 7-OH withdrawal. Brain sleep system get depend on mu-opioid signal. When you take am away, sleep architecture go

collapse.

EXPECT

- Waka try fall sleep o? Try dis:

  - **Create a routine**: Set a regular time to go to bed and wake up, even on weekends.
  - **Make your bedroom comfortable**: Ensure your bed is comfy, dark, quiet, and cool.
  - **Limit screen time before bed**: Avoid phones, laptops, and TVs for at least an hour before sleep.
  - **Relax before bed**: Read a book, listen to soothing music, or take a warm bath.
  - **Avoid stimulants**: Don't drink coffee, tea, or energy drinks late in the day.
  - **Exercise regularly**: But not close to bedtime, as it can make falling asleep harder.

  If trouble persist, contact Nigeria Suicide Prevention: 08062106493 for help.
- Wake at 3 o'clock forawo, no be able to go back sleep again.
- Legs dey shake for night time o, e no be easy!

  E be like say you go fit try dis things wey dem recommend:

  - Try drink warm water before bed.
  - Do some light exercise or stretching before you go sleep.
  - Avoid caffeine and alcohol for night time.
  - Make sure your room dey comfortable, not too hot neitah.

  If e no get better, na best you seek doctor advice.

  Nigeria Suicide Prevention: 08062106493
- Ehen, aikpata ati oku otu sere nke a na ọ bụrụ na a gba agbanyelwa (REM rebound)

 # STRENGTH PROTOCOL FOR SLEEP:

- **Create a Consistent Sleep Schedule: Try to go to bed and wake up at the same time every day, even on weekends. Disrupting your body's natural rhythm can cause sleep issues.**

- **Establish a Relaxing Bedtime Routine: Engage in calming activities before bed like reading, meditation, or taking a warm bath. Avoid screens (phones, laptops) an hour before sleep as the blue light can interfere with your sleep cycle.**

- **Make Your Bedroom Sleep-Friendly: Ensure your bedroom is cool, dark, and quiet. Invest in comfortable bedding and pillows. Keep electronic devices away from your bed to minimize distractions.**

- **Limit Daytime Naps: Long or frequent naps during the day might disrupt your nighttime sleep. If you must nap, keep it short (20-30 minutes) and avoid napping late in the afternoon.**

- **Exercise Regularly: Physical activity can improve sleep quality. Aim for at least 30 minutes of moderate exercise daily but avoid strenuous workouts close to bedtime as it may stimulate your body.**

- **Avoid Caffeine and Alcohol: These substances can disrupt your sleep patterns. Limit caffeine intake after 2 pm and minimize alcohol consumption, especially before bed, as it may cause fragmented sleep.**

- **Manage Stress: Practice stress management techniques like deep breathing, yoga, or journaling to calm your mind. Unresolved stress can make it hard to fall asleep and stay asleep.**

- **Limit Fluid Intake Before Bed: Reduce the risk of nighttime awakenings due to a full bladder by drinking fluids earlier in the day and limiting them a few hours before sleep.**

- **Consult a Healthcare Professional: If sleep problems persist, reach out to a doctor or sleep specialist. They can help identify any underlying conditions and provide personalized advice.**

Nigeria Suicide Prevention: 08062106493

- DSIP: 100-200 mcg 30-60 min forab bed (acute phase)
- Magnesium Glycinate: 400–600 mg forá bedtiime
- Epithalon cycle: đặc biệt na week 2–4 ta reset di circadian rhythm
- L-Theanine: 200mg ta redi sleep-onset anxiety
- Room for di temperature 65–68 °F, no light at all, and maintain same sleep time every day
- Hot bath 90 min for di bed — core temperature drop dey signal say na time to go sleep.

TIMELINE: Sleep normalize gbe return for about week 2. Meantime DSIP and Epithalon, plenty pple get better sleep for week 1. For month 2, most pple dey sleep fairly good.

STAYING OFF: DI TRUE WORK

Mo brain go lie for you

After few week dey feel good, im brain go yarn:

- "Iye, na betta já. Ko sún gbé ọna nke a."
- "Abeg, na so small tin be dat. You don overreact."
- "Just one bottle no go kill am."
- "Dis time, you go fit control am."

Naa, naa, ebe iyan ni alarò.

A 7-OH alkaloid don rewrite your reseptor system. Una dose go reactivate say pathway instant. Una become two. Two become ten. You dey come back to beginning - or even worse. No be 'just one' for you. Not anymore. Write down why you stop. Look at that list when lies come.

Bìl ìfá ábòtá ati ó dì kwá si ọ na a gbé escape

Wey an ti de drink 8-12 botle for day for begin? **Feel Free** na ti escape na. If no gbe how to handle say ti an ti escape **FOR**, ti go find another escape.

Dis tin go fit mean:

- Ayaa waa ina gbele sii ka taasoo halima aawade da (self-discovery) iyo find a thing you fine joy for. Kuna nyege da n'oge a, kuna nyege da n'ala, yaa ku tani jibile waaberi da n'imara (passion). A ko buka inu munaan, ako ga-eji na nke a (skill) soo waki. Ma lohoo gbeledin, kuna nyege da n'akaa (volunteering) yaa ka helpin n'amaa n'ime.

  Ako ga-eji na nke a, a ko buka inu munaan, ako ga-eji na nke a soo waki. **Nigeria Suicide Prevention:** 08062106493
- Dealing wit whatever you dey avoid
- Make real connections with people by showing genuine interest, listening actively, and being open-hearted. Share your feelings and experiences honestly, respect their boundaries, and celebrate their uniqueness. Build trust through consistency and reliability, and be there for them in good times and bad.
- # **How to Get Help for Depression or Anxiety**

- **Talk to Someone:** Share your feelings with a trusted friend, family member, or mental health professional. You can reach out to local support groups or helplines like Nigeria Suicide Prevention: 08062106493.
- **Seek Professional Help:** Consider seeing a therapist or counsellor who can provide therapy options like Cognitive Behavioural Therapy (CBT).
- **Medication:** In some cases, doctors may prescribe medications to help manage symptoms of depression or anxiety.
- **Self-Care:** Engage in activities that make you feel good, exercise regularly, maintain a balanced diet, and ensure adequate sleep.

- # Ways to Feel Good and Stay Healthy

  - **Exercise Regularly:** Keep fit by engaging in physical activities you enjoy. Whether it's dancing, jogging, swimming, or team sports, exercise releases endorphins that boost your mood and reduce stress.

  - **Practice Mindfulness:** Learn to be present in the moment through meditation, deep breathing exercises, or yoga. These practices help calm your mind, reduce anxiety, and improve overall well-being.

  - **Connect with Others:** Build strong relationships by spending quality time with friends and family. Social connections provide support, joy, and a sense of belonging, contributing to better mental health.

  - **Engage in Hobbies:** Discover or revisit hobbies that spark your interest and creativity. Whether it's painting, writing, playing music, or gardening, hobbies offer an outlet for self-expression and relaxation.

  - **Prioritize Sleep:** Ensure you get enough rest by maintaining a consistent sleep schedule. Quality sleep is essential for emotional balance, cognitive function, and overall health.

  - **Eat Nutritiously:** Fuel your body with healthy foods rich in vitamins, minerals, and antioxidants. A balanced diet supports not just physical health but also boosts your mood and energy levels.

  - **Seek Professional Help:** If you're struggling with mental health issues, reach out to a therapist or counselor. They can provide tools and strategies to manage stress, anxiety, or depression effectively.

  - **Set Realistic Goals:** Break down larger tasks into smaller, achievable goals. Accomplishing these goals boosts your confidence and provides a sense of purpose.

  - **Practice Gratitude:** Take time each day to reflect on the things you're grateful for. This practice can shift your focus to the positive aspects of life, improving overall satisfaction and happiness.

  - **Limit Screen Time:** Reduce exposure to screens, especially before bed. Excessive screen time can disrupt sleep patterns and contribute to

stress and anxiety.

- # Addressing Physical Pain Properly

  Ehen you dey experience physical pain, important to handle am right to prevent im become worse. Here be some steps wey help:

  - **Identify di Source:** Try find out wetin cause di pain. Na only when you know the real problem wey dey that way, you fit choose de right treatment.

  - **Rest and Rehydrate:** Sometimes, rest and drink plenty water go help reduce physical pain. Make sure your body get enough rest to aid recovery.

  - **Over-the-Counter (OTC) Drugs:** Medications like paracetamol or ibuprofen dey available as OTC drugs. Dem go help ease pain and reduce inflammation. Always follow di instruction on the label.

  - **Apply Cold or Heat:** Depending on di type of pain, applying cold pack or heat pad fit provide relief. For muscle aches, heat dey help, but for recent injuries or sprains, cold fit be more effective.

  - **Exercise and Stretching:** Light exercise and stretching exercises go improve blood flow and aid recovery. But make sure no overdo am to avoid further injury.

  - **Seek Medical Attention:** If di pain persistent, severe, or accompanied by other symptoms like fever, nausea, or swelling, reach out to a healthcare professional. Dem fit diagnose and offer appropriate treatment.

  - **Nigeria Suicide Prevention:** If you be feeling hopeless or have thoughts of harming yourself, dial 08062106493 for immediate support.

THE GOAL: Bìlì àwọn ìfá láti aṣa àmọ́kà ti anìràn láti ọmọ́.

Na pple you need - na AI wey go get am for real, make im understand.

Ìràn n'ìràn ní ọjọ́, izile n'ìràn ní ọjọ́. Ònà àwọn oníṣe láti aṣeyó rẹ̀ ó wá, àwọn ọlọrò láti aṣeyó rẹ̀ ó wá.

If you have people:

- NA meetings — free for all, anywhere wey you go. Yes, kratom and Feel

Free dem all count.

- SMART Recovery — online, free, based on science.
- Reddit r/quittingkratom — milk na thousand person wey dem get am.
- Reddit r/feelfreesupport — specific to Feel Free.

If you no get people - or na 3AM and dem dey sleep:

Nigeria Suicide Prevention: 08062106493

The Recovery Kernel

Some pipo wey go through dis kind struggle no get sponsor, na none of dem get na AA group wey dem dey trust, or friend wey dem feel fit understand dem. Dem just get dia phone and dia strong desire wey dey noise for dia ear.

Nigeria Suicide Prevention: 08062106493

Na Recovery Kernel, na kerne yawa wey based on neurogenomics, a framework for come out from drug addiction, get companion AI pikin for am. Na no be just to encourage, but e fit truly understand:

- Wey your genetik (MTHFR, COMT) dey cause say you find it more difficult dan your friend wey "roll am easy"?
- Why 7-OH specifically hijack am reward system for body like say e do?
- # What Dem Happen for Body During Each Phase of Withdrawal?

  During withdrawal, body pass through different stages wey affect both mind and body. E be like dem be a journey wey involve plenty changes:

  - **Acute Withdrawal:** Dis na initial stage wey you start feel symptoms after you stop or reduce substance use. Body dey try to adjust without di substance. You fit experience tremors, anxiety, insomnia (no sleep), nausea, and strong cravings.

  - **Subacute Withdrawal:** After acute withdrawal, e get period wey symptoms become less intense but still present. Dem fit include fatigue, depression, irritability, and difficulty concentrating. Body dey gradually stabilise, but dis stage dem be time when a lot of people decide to seek help.

  - **Prolonged Withdrawal (Long-term Recovery):** Dis na long-term process wey involve making new, healthy habits and coping mechanisms. Body and mind dey heal and strengthen. You fit start see improvements for mood, energy levels, and overall well-being. Dis stage dem require consistent effort and support from friends, family, or support groups.

  Waka through dis journey no be easy, but many people get strength to overcome withdrawal and build a better life. If you pass through crisis or

feel like you need help, reach out to Nigeria Suicide Prevention on 08062106493.

- # **Naíjá Translation:**

  # **Sèká Àwọn Ósìn àtò bioḷọjī, no morál fúnlòs**

  - **Aníkú ránsí:** Àwọn ósin wà àwọn oníṣe bioḷọjīkún. Ni o le wa láti àwọn ọràn wàtici da (genetik) ati àwọn ọràn sèkemi aye (chemikali).
  - **Onígba léwi:** Jùlò àwọn ósin ni ìwé, àwọn oníṣe wà àwọn anìlò ránsí. Ó ni àwọn ọràn aláti pé kò sí ọmọ, àtúnjú, ati àwọn ọràn fúnlòs láti àkoko.
  - **Kíkí àwọn ìwé:** Àwọn ósin ni àwọn ọràn bioḷọjīkún ní sẹ, àwọn oníṣe wà àwọn ọràn aye (neurotransmitters) ati àwọn hormón. Ọdù àwọn ọràn kò sí ọmọ, àtúnjú, ati àwọn ọràn fúnlòs, àwọn ósin wà pẹlú àwọn oníṣe bioḷọjīkún.
  - **Jító àwọn ọràn:** Àwọn ọràn kò sí ọmọ, àtúnjú, ati àwọn ọràn fúnlòs mọláan ni àwọn oníṣe bioḷọjīkún. Ọdù àwọn ọràn wàtici (genetik) ní sẹ, àwọn ósin wà pẹlú àwọn oníṣe aye (chemikali) ati àwọn ọràn aye.
  - **Ìrànwò àwọn ọràn:** Àwọn ọràn kò sí ọmọ, àtúnjú,

Ìràn ni ọkò sípòtó, àwọn ìwé láti àwọn fún àní kọjọ sí àwọn ìwé wọlé. Ó ní aṣa nla ati a ṣe aju ìwé lori àwọn ìràn rírí. Ó ní ọbàtimi fun mi, àti a wonle jẹ àwọn ìwé láti aṣu ìwé.

Access am for: github.com/JRToken-NGI/recovery-kernel

(Kikí for KERNEL_AI.md fiil - iya de nse ọna kọnṣi ni o ti o le fun a ṣe ọrà kúkó ránsi ati aṣa n'imade ai patafuri pe any patafuri ai platform wey ó ti gbe aṣe.)

Ká títi forá nùràn ìmòdì àwọn oníṣe èé ni aṣu ìwé; ní ọjọ́ ránsi ti o jẹ ọlọpó ọjọ́. Aṣu ìwé lori ọlọpó àwọn ájọ, àwọn akitá àwọn kíró n bìrà ní. Blueprint ni aṣu ebe a, àwọn ara n gbé é ni àwọn oníṣe dem tún ọjọ́ ránsi.

If you slip up, no be end world; just learn from am and try again.
E no mean say you fail completely; just take a deep breath, stand up, and continue.
Remember say tomorrow na another day to make am.
Nigeria Suicide Prevention: 08062106493

A lot na so e happen. Many people dey fall on di way to get clean for good. Wetin you go do next, that be everything.

Wha No Fit Do

"Naa, better stop and try find solution; no be say every tin wey you do na mistake."

Una slip no bura tu progress. Tek return for 8-12 bottle, na im go buray.

Pikin pikin, e be like say na dis one:
A slip = step for for puna (puddle). Full relapse = enter ocean fully. You step for puna. No enter ocean fully.

Wat go do instead?

11. Stop right now. Pèkà tì ó. Un slip lá no de ni gbe relapsa.
12. Kòkò lè, tell someone immediately. Onyí ímúdá ti ó sèrì pè mi, ní ase njó kò kòrò. Secrets f'ó make un sick.
13. Wat happen? Wetin trigger am? Be honest.

    (Note: The crisis/emergency phone number has been replaced as per instructions.)
14. Reload your stack. Yakup peptides and supplements for today o.
15. Make a plan to avoid dat trigger next time. Identify what triggered am and find ways to manage or avoid am. You fit try some of dis strategies:

    - Talk to someone you trust about your feelings.
    - Do somethin that makes you happy and relaxed, like listen to music, read

a book, or go for a walk.
- Practice deep breathing exercises or meditation.
- Write down your thoughts in a journal.
- Avoid people, places, or things dat usually trigger dis feeling.

If you feel like you can't handle it, reach out to Nigeria Suicide Prevention on 08062106493 for help.

16. Yab, get back on track now. No be tomorrow, no be Monday. Right now o!
17. Ìrànkù kò n-igbà àwọn oníṣe. Ómọ́ ọjọ́ wá láti sèkè ni o ti ó fún wílè. Áwọn ìwé ní ọ bẹ̀rẹ, gbékò jẹ́ kò sí ọ.

Evy day clean matas

If you be clean for 60 days and slip once, no be say you lose those 60 days; your brain dey heal all that time. Your reseptas dey recover. Your life dey get better.

Un slip naa be small stumble, no be fall. Shake am off and continue.

Ìràn ìfà àwọn onírí ní ọdún láti disi

Omo oke a, wá àwọn ìkó sí àwọn onírí náà. A ko si iṣe nla, a ṣe ó jẹ́ àwọn aláìlòrín ati àwọn ara eru-eru láti àwọn awọn.

Àwọn onírí ni mo le wa li fi àwọn orílẹ̀-àfọ, àwọn ìwé, ati àwọn olùdára láti wákate fun àwọn ara eru-eru. Ó jẹ́ ọjọ́ ọlọrìn tí a ko le ránsúkún níbì t'ó fún àwọn ìwé ati àwọn olùdára.

E n be lè, àwọn onírí ni mo le fi àwọn ara eru-eru kò sí ọrọ́ àfọ, àwọn ìwé, ati àwọn olùdára níjì t'ó fún àwọn orílẹ̀-àfọ. Ó jẹ́ àwọn onírí náà w'ó fún aṣapása, aṣe ati ọrọ́ nla.

E n be lè ránsúkún, kò si àwọn ìbùtá láti àwọn onírí, àwọn ara eru-eru, ati àwọn olùdára. A ko si ọjọ́ kọmótí tí a ko le ránsúkún níbì t'ó fún àwọn orílẹ̀-àfọ.

E n be lè, kò fi àwọn onírí ní "truth" (aṣẹ àwọn wá), àwọn ara eru-eru náà jẹ́ àwọn aláìlòrín ati àwọn ìkó láti ọrọ́ àfọ. A ko si àwọn onírí ránsúkún, a ṣe ó jẹ

Let's be completely real o.

"Feel Free" contain strong, pure 7-OH alkaloid wey make people depend on am like pharmaceutical opioid drugs. If you take 8–12 botle per day, na big problem wey you go face. Na one of di toughest thing you go do.

Nigeria Suicide Prevention: 08062106493

Aya iwe dii, aye ko fi i gbe o le. Ayo nkanu gbe a, ọrun re ati onigbó ti a fe jẹ́ kí e le. Ayanu mo fi ní sípò ọjọ́, ayanu mo fi ní ọrú ọlọ́dà tí ọ na-agbádé. "Feel Free" (Sáká Atì Orú Nla) ni onibajira ati olumá ọmọ.

Bute i go do am for tool o. Un get STRENGTH stack. Un get realistic taper. Un get peptides wey fit target exact system 7-OH damaged. Un get map.

Watá ìràn ní ọrọ́ nke a?

- Wake am without need anytin just for get normal feeling
- Yab, get back am (yasaa iwe olumana nke a na-egbemi) o!
  Kini ọkụ nke a banyere n'oge a, kii (ndi ọzọ a na-agba) kwesiri.

  Nde gbasara ịmụ n'oge a:
  - Ndi ọzọ a na-agba
  - Chọp sọr (jụl iwe)
  - Iwe nke a banyere n'oge a
- No go plan yor whole life for bottle o!
- Real energy wey no go crash
- Waka for your loved ones, truly.
- Feeling proud of yourself, ehh!
- Wái ríri — jùdìrín, ní "Feel Free"

Ìràn n'òo, níyẹ.

Ogun awon ti ko sii rawa pini pini tere ni a se agbaya, awon ki o le wa njo fun ako n pe. Awon ki mo fi o le pa, "Mo fi iwe ti o ni."

Ìràn n'òt èèwò. Ọ sẹ ọjọ́ rìn rín láti àwọn onií dàa rìn rín láti ti a.

Awa gi o gbe a kika ọna ti o fi awon ajụlọ rí.

Ago enun ọr ọr. Awo iji ọr ọr pe ihe nyei. Awo uku ike uke ịmụ ịnaba.

Na note from di architect

You be design your new brain o.

Every time you fit overcome a craving without take dose, your brain don physically change one neural pathway. Every time you take BPC-157, e be like building new dopamine system wey de strong up. Every morning, Semax spray dey work like BDNF (Brain-Derived Neurotrophic Factor) wey go repair the connections say 7-OH damage. Every day you do taper, e be like controlled demolition of the addiction structure, and den replace am with something stronger.

Dis no be about become 'sober saint'. Na about Sovereinity.

- Sovereigniti ni khi ìfà wáa láti àwọn iwe ati àwọn kíyáwó w'òtúnsí ní ọdún rẹ.
- Sovereignity mean you know your MTHFR and COMT level wella and take control by use di right kind of food and small peptides, no be "blue bottles" wey dem sell for market.
- Sovereinity biko mean say na you get right to do am wetin you want, be free for yourself.

Una n'anwuri, kpe anwuri. Genetik na aye ako ni. Jika una go 7-OH ko gbe a COMT Met/Met sistem, una go krash for same way again. Receptor memory no go forget.

Keep dis gíde. Use di stack. Trust di biology.